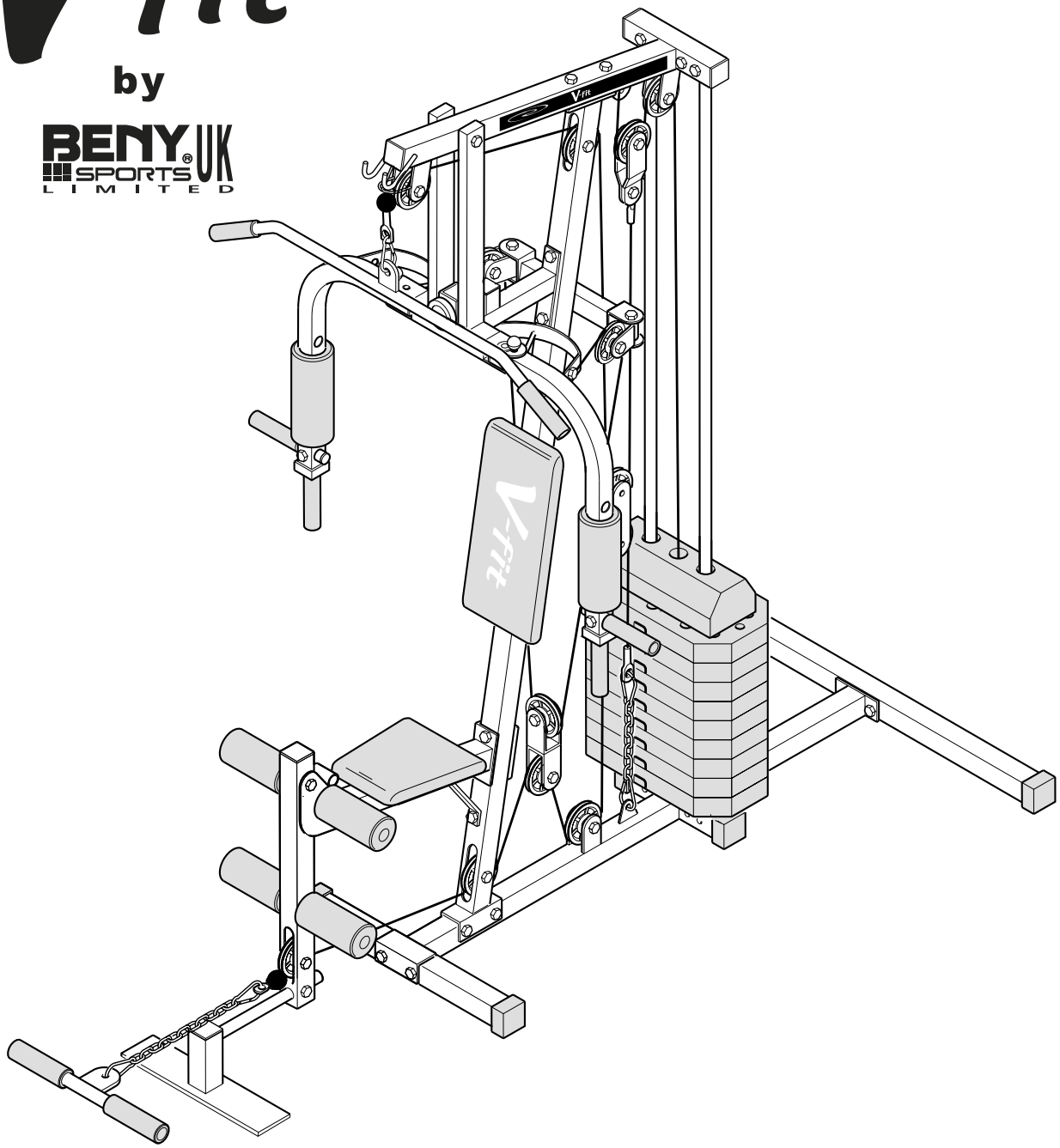
V-fit

by

BENY UK SPORTS LIMITED



Herculean Home Gym Trainers

HG1 & HG2

Assembly & User Manual

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General Information

Quality

This V-fit exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your V-fit exercise product or if you think that you may have parts missing, please DO NOT return it to your retailer but contact us first for help and advice, asking for CUSTOMER SUPPORT, by any of the following means.

Tel:- 0871 222 0881 or
Fax:- 01535 637722 or
Email:- beny@benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.
Unit 8, Riparian Way,
The Crossings, Cross Hills
West Yorkshire.
BD20 7BW

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED

Guarantee

Beny Sports Co. UK Ltd. guaranteeÕs its V-fit product range for DOMESTIC USE only for a period of 2 years from certified date of purchase. During this period we have the right to: -

a). provide parts for the purchaser to effect repair.

b). repair the product returned (at the purchaserÕs cost) to our warehouse.

c). replace the product if it is deemed economical to do so.

This guarantee applies to the original purchaser only and is not transferable.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse or defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product, we may ask for proof of purchase. To enable us to service your requirement for replacement parts, you must return the enclosed Guarantee Registration Card within 14 days of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.

This does not affect your statutory rights as a consumer.

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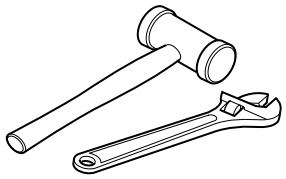
Before You Start

Tools

All V-fit products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.



Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved your doctor and proper use of your V-fit product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- *Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- *For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- *Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- *Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your V-fit product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- *Before use, always ensure that your V-fit product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- *Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*

Storage and Use

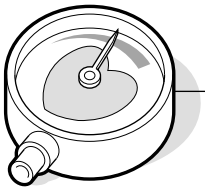
Your V-fit product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

Your V-fit product is suitable for users weighing:
275LBS / 19.6 Stones / 125KG or less.

Conformity

This V-fit product conforms to:
(BS EN 957) - PARTS 1 and 2 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.



Exercising Information

Beginning

How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you MUST start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.

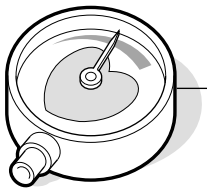
Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.



Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

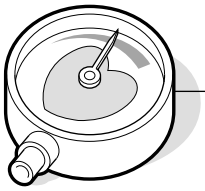
To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.

USERS AGE	UNCONDITIONED *TARGET ZONE - A*	CONDITIONED *TARGET ZONE - B*
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135



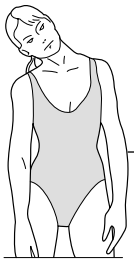
Exercising Information

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

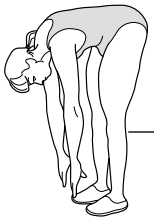
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



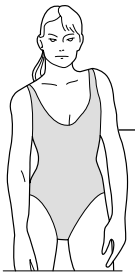
Head Roll

Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



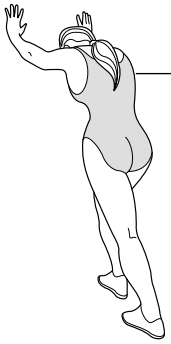
Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.



Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder.
Repeat 3 - 4 times.



Calf / Achilles Stretch

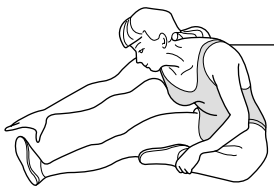
Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg.
Repeat 2 - 3 times.

Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm.
Repeat 3 - 4 times.

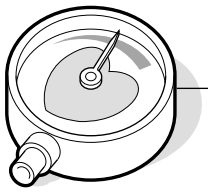
Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended.
Repeat 2 - 3 times.



Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 4 minutes at 'A'
Rest 1 minute
Exercise 2 minutes at 'A'
Exercise slowly 1 minute

Week 3 & 4

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Rest 1 minute
Exercise 3 minutes at 'A'
Exercise slowly 2 minutes

Week 5 & 6

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 6 minutes at 'A'
Rest 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minute

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

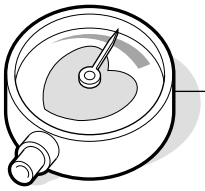
Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 9 & beyond

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times

This is only a suggested programme and may not suit every individual's needs.



Exercising Information

GETTING STARTED

You will often read about terms referring to exercise that may be confusing. Below are some of the definitions that are regularly used.

Repetition - Commonly referred to as 'REPS'.

This is a complete movement from start to finish.

Set - This is a complete number of consecutive repetitions.

i.e. 1 set of 10 reps.

Speed of Motion - This is the relative speed of movement for each rep.

Fast is considered as 1 rep / second. Medium is 1 rep / 2 seconds. Slow is 1 rep / 4 seconds.

Intensity - How 'hard' the exercise feels.

Low Intensity = easy exercise. High Intensity = hard exercise.

TRAINING PROGRAMMES

You will achieve fast results, gaining a trimmer, fitter body if you follow these general rules.

- *Exercise regularly - do not skip workouts as consistency is the first key to success.*
- *Do not be afraid perspire a little. This is a sign that you are working your body hard enough to give fast results. You will find 'hard' exercise enjoyable.*
- *Set yourself realistic goals. Do not be over-ambitious. Plan your workouts to concentrate on specific body areas. Start slowly and gradually increase the intensity, reps and sets.*

BEGINNERS PROGRAMME

This is a short suggested programme which we suggest you use for no more than 3 weeks, to be ideally performed every other day, but certainly not more than 4 times during the week.

This suggested routine is specifically for beginners or those who have not exercised for a considerable time. The programme is designed to provide general improvement in muscle tone, strength, flexibility and co-ordination.

As a beginner, you should start with no more than 2 sets of 6 exercises for the following reps on each of the Gym's training stations.

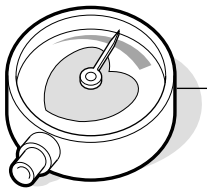
10 REPS - BENCH PRESS followed by LAT PULLDOWNS

5 REPS - PEC DEC

10 REPS - SHOULDER PRESS

10 REPS - LEG EXTENSIONS followed by LEG CURLS

- *Your rest interval between each set of reps should be 1 minute.*
- *You should perform 2 SETS of each exercise.*
- *Your exercise pace should be SLOW to MEDIUM.*
- *The resistance (weight) settings should be in positions 1 - 3.*
- *This exercise programme should take you approximately 20 minutes.*
- *Follow this exercise programme with 5 minutes of proper cool down exercises.*



Exercising Information

INTERMEDIATE EXERCISE

This is a slightly longer programme which we suggest you use for the next 6 – 8 weeks, to be ideally performed not more than 5 times during the week.

This suggested routine is specifically for intermediate users or those that are familiar with exercise routines. The programme is designed to increase muscle definition, build strength, aid flexibility and co-ordination.

The increase in exercise intensity and speed of repetitions is key to your success at this stage.
For intermediate exercise we recommend 3 - 4 sets of 8 exercises for the following reps on each of the Gym's training stations.

15 REPS - BENCH PRESS followed by LAT PULLDOWNS

10 REPS - PEC DEC

15 REPS - SHOULDER PRESS

15 REPS - LEG CURLS

15 REPS - LEG EXTENSIONS followed by ARM CURLS

- *Your rest interval between each set of reps should be 1 minute.*
- *You should perform 3 - 4 SETS of each exercise.*
- *Your exercise pace should be MEDIUM to FAST.*
- *The resistance (weight) settings should be in positions 3 - 6.*
- *This exercise programme should take you approximately 35 - 40 minutes.*
- *Follow this exercise programme with 5 minutes of proper cool down exercises.*

ADVANCED TRAINING

This is an open-ended programme, ideally performed not more than 4 times during the week, preferably on alternate days.

This suggested routine is specifically for advanced users or those that are familiar with exercise routines. The programme is designed to increase muscle mass and build strength.

The increase in exercise intensity, resistance levels and speed of repetitions is key to your on going success.

For advanced training we recommend 4 sets of the 9 exercises for the following reps on each of the Gym's training stations. However at this stage you may want to concentrate on specific body parts, so as you are now fully familiar with the workings of your Gym you should be able to structure an exercise programme to suit your own individual needs. Any specific advice should be sought through specialist books.

20 REPS - BENCH PRESS followed by LAT PULLDOWNS

15 REPS - PEC DEC

15 REPS - SHOULDER PRESS

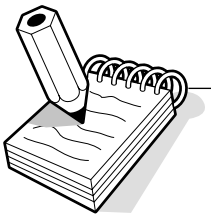
15 REPS - LEG CURLS

20 REPS - LEG EXTENSIONS followed by ARM CURLS

15 REPS - LEG PRESS

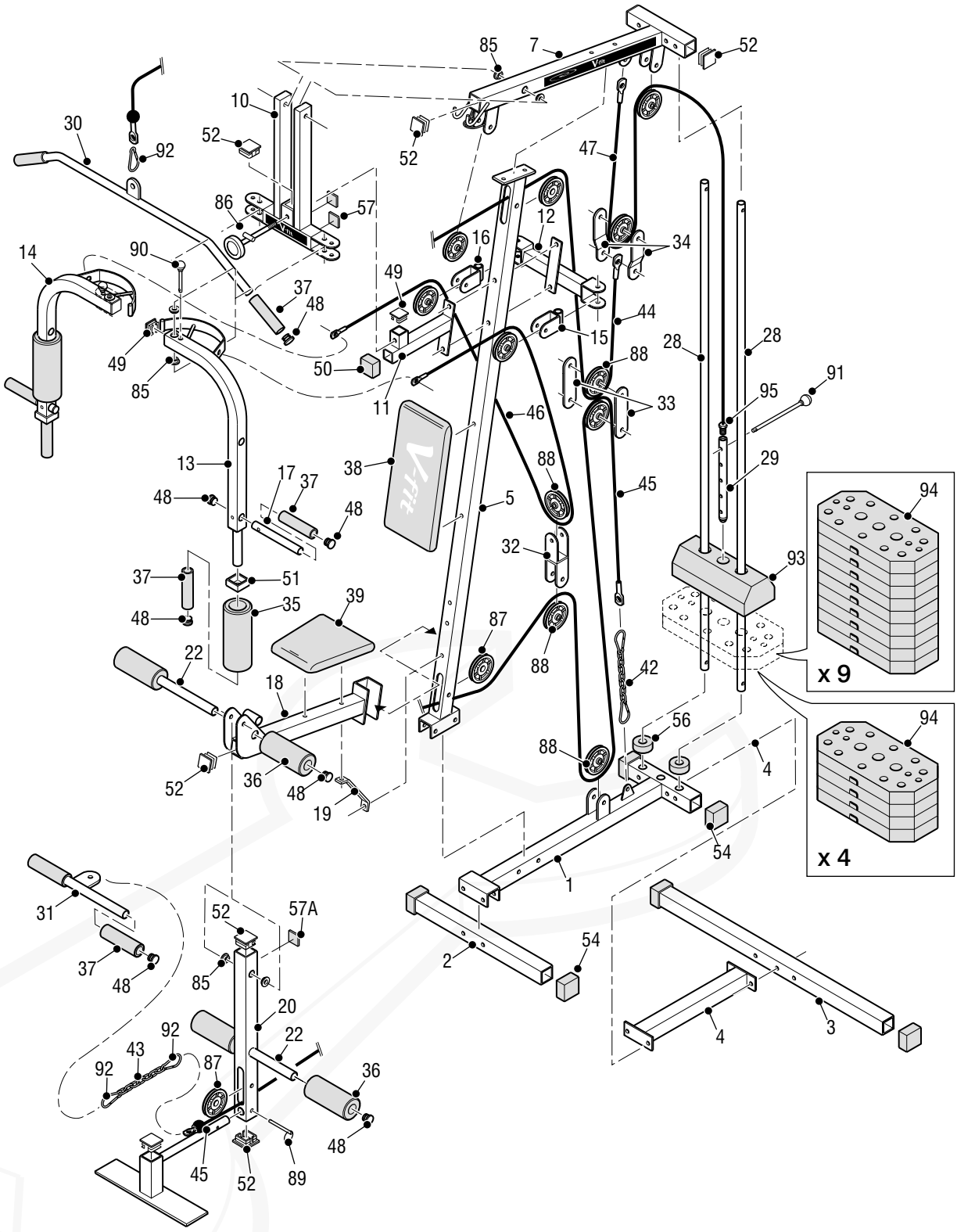
10 SLOW REPS - 2 SETS - SIT UPS

- *Your rest interval between each set of reps should be 1 minute.*
- *You should perform 4 SETS of each exercise.*
- *Your exercise pace should be MEDIUM to FAST.*
- *The resistance (weight) settings should be in positions 4 - 8.*
- *This exercise programme should take you approximately 40 - 50 minutes.*
- *Follow this exercise programme with 5 minutes of proper cool down exercises.*



Exercise Notes

Assembly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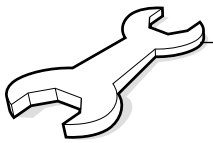
Assembly



MASTER PARTS & ACCESSORY LIST

PART No.	DESCRIPTION	QTY
●	**MAIN COMPONENTS**	
1	MAIN FLOOR FRAME	1
2	FRAME STABILISER (F)	1
3	FRAME STABILISER (R)	1
4	FRAME EXTENSION	1
5	FRONT UPRIGHT	1
6	Not Applicable	
7	TOP FRAME	1
8	Not Applicable	
9	Not Applicable	
10	PRESS FRAME	1
11	PRESS FRAME STOP	1
12	PEC ARM MOUNT	1
13	PEC ARM (L)	1
14	PEC ARM (R)	1
15	PEC SWIVEL BKT (L)	1
16	PEC SWIVEL BKT (R)	1
17	PRESS HANDLE	2
18	SEAT SUPPORT FRAME	1
19	SEAT BRACE	1
20	LEG UNIT	1
21	LEG UNIT STABILISER PLATE	1
22	LEG UNIT ROLLER BAR	2
23	Not Applicable	
24	Not Applicable	
25	Not Applicable	
26	Not Applicable	
27	Not Applicable	
28	WEIGHT GUIDE TUBE	2
29	WEIGHT SELECTOR TUBE	1
30	LAT PULLDOWN BAR	1
31	TRICEPS BAR	1
32	DOUBLE PULLEY BKT	1
33	PULLEY MOUNT BKT	2
34	JOCKEY PULLEY BKT	2
●	**FOAM ROLLERS / GRIPS**	
35	PEC ARM FOAM ROLLER	2
36	LEG UNIT FOAM ROLLER	4
37	PRESS / BAR FOAM GRIP	8
●	**SEATS / PADS**	
38	GYM BACKREST	1
39	GYM SEAT	1
40	Not Applicable	
41	Not Applicable	
●	**CHAINS / CABLES**	
42	LINK CHAIN (SHORT – 7 Link)	1
43	LINK CHAIN (LONG – 12 Link)	1
44	TOP (LAT) CABLE	1
45	LOWER (LEG) CABLE	1
46	CENTRE (PEC) CABLE	1
47	REAR (WEIGHT) CABLE	1

PART No.	DESCRIPTION	QTY
●	**CAPS / BUMPERS**	
48	1" ROUND CAP	15
49	1 1/2" INT SQUARE CAP	3
50	1 1/2" EXT RUBBER SQUARE CAP	1
51	1 1/2" EXT SQUARE TRIM	2
52	2" INT SQUARE CAP	8
53	Not Applicable	
54	2" EXT RUBBER CAP	6
55	Not Applicable	
56	2" RUBBER WEIGHT BUMPER	2
57	SMALL SQUARE RUBBER PAD	2
57A	LARGE SQUARE RUBBER PAD	1
●	**BOLTS / NUTS / WASHERS**	
58	Not Applicable	
59	Not Applicable	
60	Not Applicable	
61	M8 x 50mm HEX BOLT	2
62	M10 x 25mm HEX BOLT	4
63	M10 x 50mm HEX BOLT	10
64	M10 x 65mm HEX BOLT	10
65	M10 x 70mm HEX BOLT	8
66	M10 x 75mm HEX BOLT	8
67	M12 x 70mm HEX BOLT	2
68	M12 x 80mm HEX BOLT	3
69	M12 x 125mm HEX BOLT	1
70	Not Applicable	
71	M8 x 19mm od FLAT WASHER	4
72	Not Applicable	
73	M10 x 20mm od FLAT WASHER	70
74	M10 x 38mm od FLAT WASHER	2
75	M12 x 24mm od FLAT WASHER	12
76	Not Applicable	
77	Not Applicable	
78	M8 NYLON LOCKNUT	2
79	M10 NYLON LOCKNUT	36
80	M12 NYLON LOCKNUT	6
●	**MISC COMPONENTS / FITTINGS**	
81	Not Applicable	
82	Not Applicable	
83	Not Applicable	
84	M10 x 18mm od METAL BUSH	6
85	M12 x 29mm od METAL BUSH	8
86	PRESS ARM LOCKING KNOB	1
●	**PULLEYS / PINS / CLIPS**	
87	22mm WIDE PULLEY	3
88	32mm WIDE PULLEY	10
89	STABILISER LOCK PIN	1
90	PEC ARM LOCK PIN	2
91	WEIGHT SELECTOR PIN	1
92	CARABINA LOCK CLIP	5
●	**WEIGHTS**	
93	CROWN PLATE	1
94	WEIGHT PLATE	4 or 9
95	CROWN PLATE PIN	1

Assembly

INSTRUCTIONS:- STAGE A

TOOLS REQUIRED

1 x Soft Headed Hammer – 1 x Adjustable Spanner – 1 x 13mm (1/2") Spanner – 1 x 14mm (9/16") Spanner

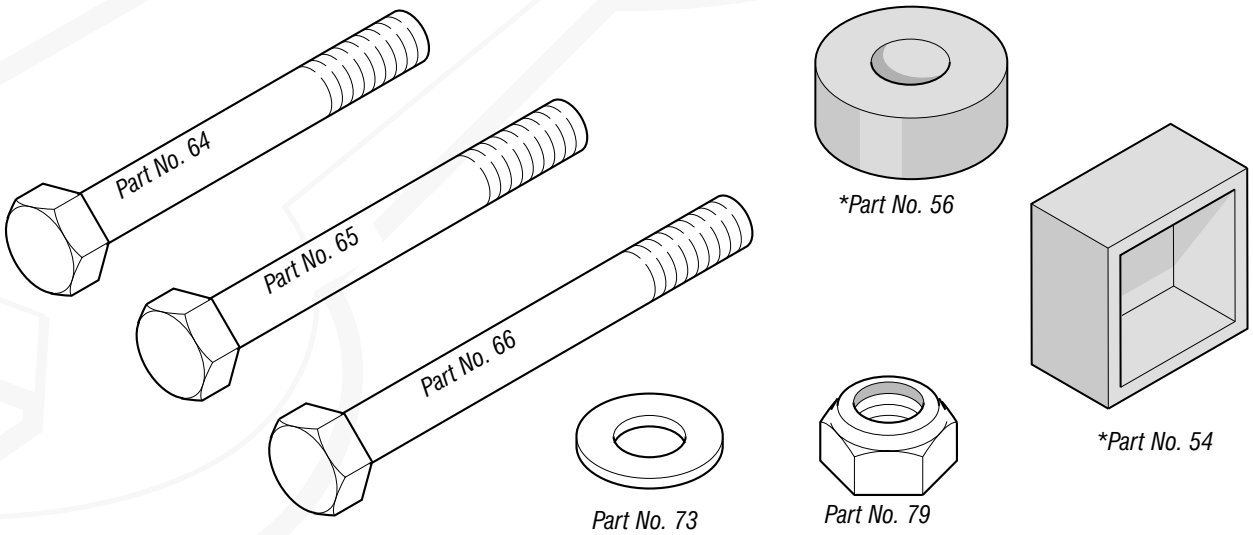
ASSEMBLY OF THIS GYM WILL BE EASIER WITH 2 PEOPLE

1. *Securely attach the Front Frame Stabiliser (2) to the front end of the Main Floor Frame (1) using 2 x M10 x 75mm Hex Bolts (66), 4 x M10 x 20mm od Flat Washers (73) and 2 x M10 Nylon Locknuts (79).*
2. *Connect the Frame Extension (4) to the rear of the Main Floor Frame (1) using 2 x M10 x 70mm Hex Bolts (65), 4 x M10 x 20mm od Flat Washers (73) and 2 x M10 Nylon Locknuts (79).*
3. *Attach the Rear Frame Stabiliser (3) to the back end of the Frame Extension (4) using 2 x M10 x 70mm Hex Bolts (65), 4 x M10 x 20mm od Flat Washers (73) and 2 x M10 Nylon Locknuts (79).*
4. *Cap both Frame Stabilisers (2 and 3) and the central Main Floor Frame Support (1) with 6 x 2" Ext Rubber Caps (54) securing in place using a small amount of household adhesive if desired.*
5. *Loosely attach the Front Upright (5) to the Main Frame (1) from the side with 2 x M10 x 75mm Hex Bolts (66), 4 x M10 x 20mm od Flat Washers (73) and 2 x M10 Nylon Locknuts (79).*
6. *Pass both Weight Guide Tubes (28) into the holes in the central Main Floor Frame Support (1), and secure in place with 2 x M10 x 65mm Hex Bolts (64), 4 x M10 x 20mm od Flat Washers (73) and 2 x M10 Nylon Locknuts (79). Slide the 2 x Rubber Weight Bumpers (56) down the Weight Guide Tubes and then lay the 4 Large Weight Plates (94) supplied for the STARTER GYM or the 9 Large Weight Plates (94) for the IMPROVER GYM on top.*
7. *Slide the Weight Selector Tube (29), which has 5 holes for the STARTER GYM or 10 holes for the IMPROVER GYM into the central hole in the top Weight Plate. Fit the Crown Plate Pin (95) into the Weight Selector Tube and finally lay the Crown Weight Plate (93) on top.*

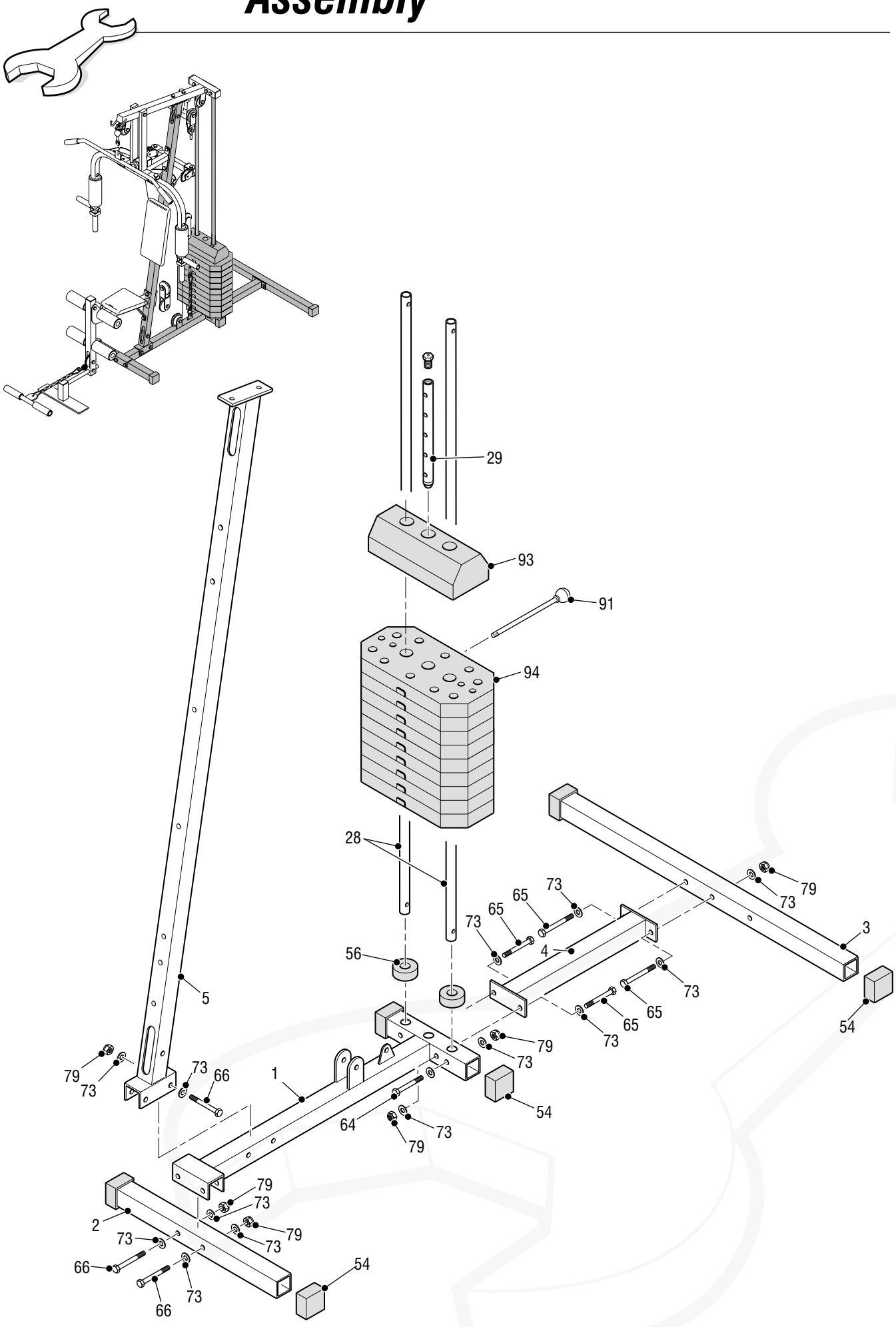
ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
54	2" Ext Rubber Cap	6
56	Rubber Weight Bumper	2
64	M10 x 65mm Hex Bolt	2
65	M10 x 70mm Hex Bolt	4
66	M10 x 75mm Hex Bolt	4
73	M10 x 20mm od Flat Washer	20
79	M10 Nylon Locknut	10

** Drawn 1/2 scale*



Assembly



Assembly

INSTRUCTIONS:- STAGE B

8 *Attach the Top Frame (7) to the Front Upright (5) ensuring that the tops of the Weight Guide Tubes (28) are located in the round holes in the underside of the Top Frame, using 2 x M10 x 70mm Hex Bolts (65), 2 x M10 x 20mm od Flat Washers Flat Washers (73) to the UNDER side and 2 x M10 x 38mm od Flat Washers (74) to the TOP side, securing in place with 2 x M10 Nylon Locknut Nuts (79).*

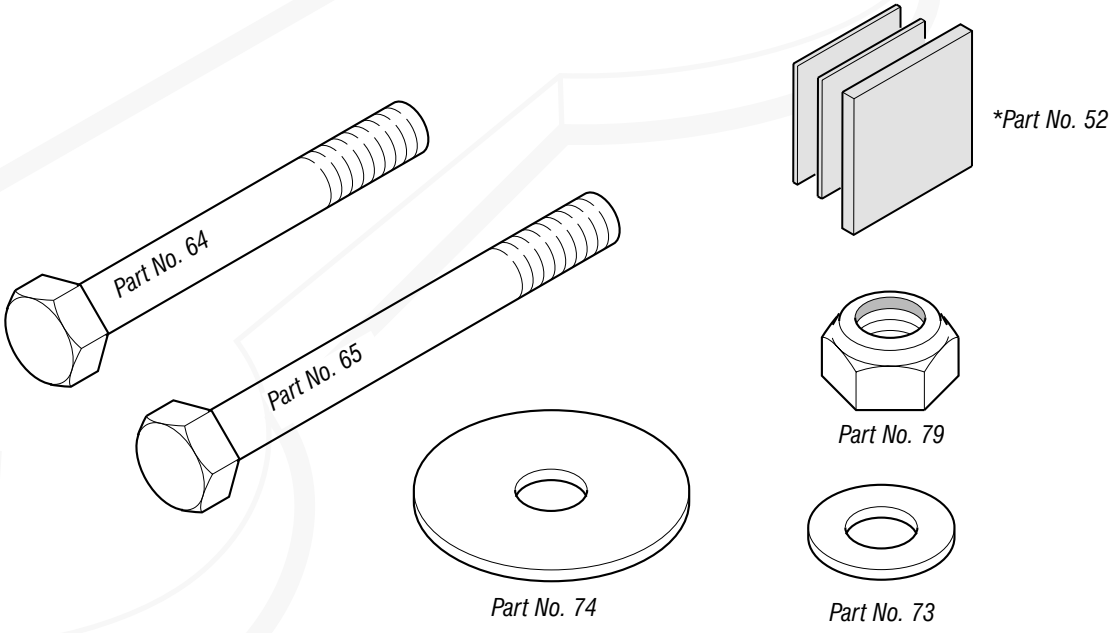
9 *Secure the Weight Guide Tubes (28) to the Top Frame (7) using 2 x M10 x 65mm Hex Bolts (64), 4 x M10 x 20mm od Flat Washers (73) and 2 x M10 Nylon Locknuts Nuts (79).*

10 *Cap the exposed open ends of the Top Frame with 3 x 2" Int Square Caps (52), securing in place using a small amount of household adhesive if desired.*

ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
52	2" Int Square Cap	3
64	M10 x 65mm Hex Bolt	2
65	M10 x 70mm Hex Bolt	2
73	M10 x 20mm od Flat Washer	6
74	M10 x 38mm od Flat Washer	2
79	M10 Nylon Locknut	4

** Drawn 1/2 scale*



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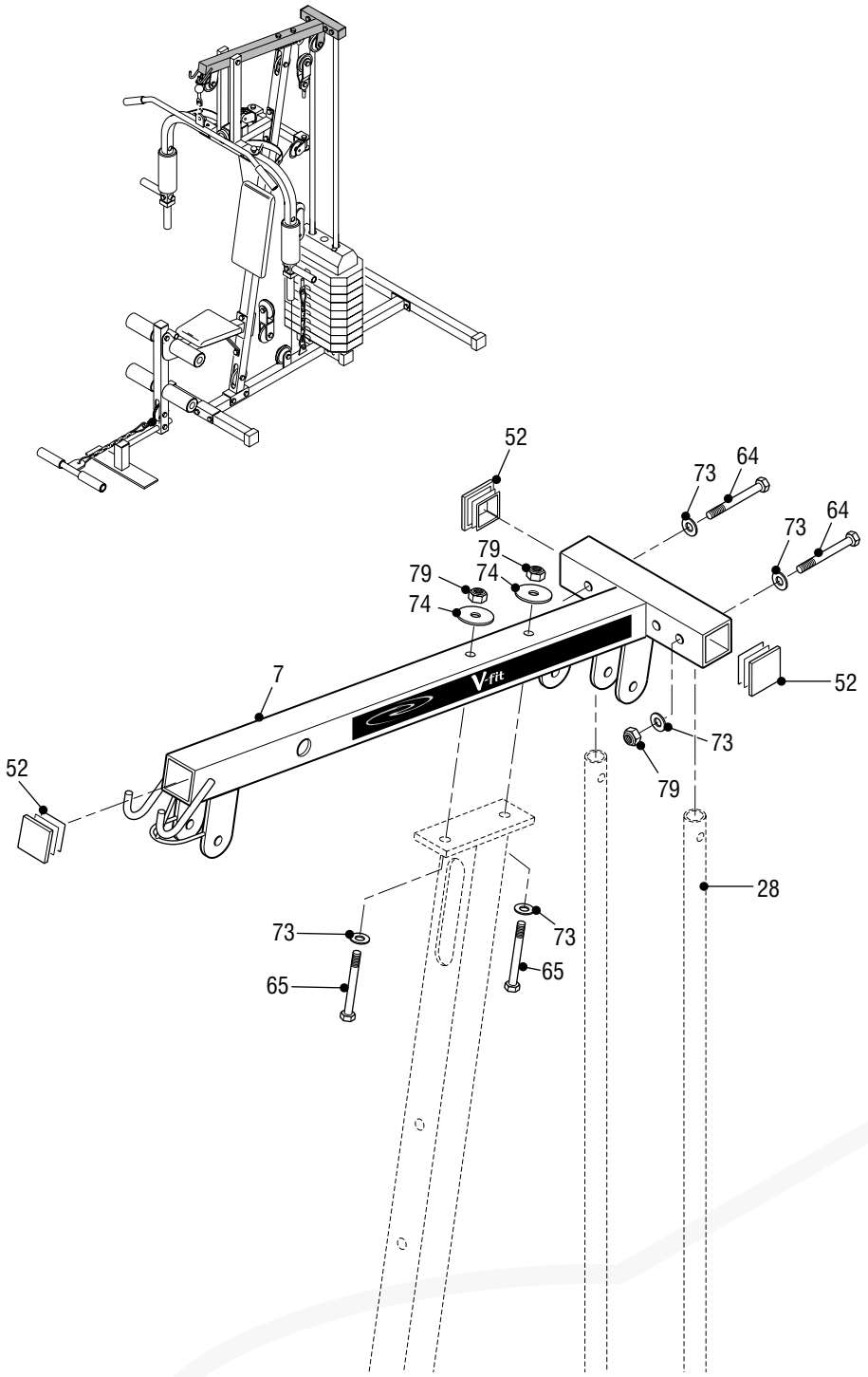

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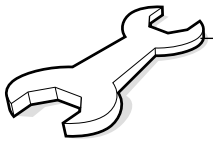


INSTRUCTIONS:- STAGE C

Note

Fully tighten the Hex Bolt to remove any existing freeplay from the Press Frame.

11 *Fit 2 x M12 x 29mm od Metal Bushes (85) to the holes on either side of the Top Frame (7) and then assemble the Press Frame (10) to the Top Frame (7) with 1 x M12 x 125mm Hex Bolt (69) 2 x M12 x 24mm od Flat Washers (75) and 1 x M12 Nylon Locknut (80).*

12 *Fit 2 x M12 x 29mm od Metal Bushes (85) to the large holes in each Pec Arm (13 and 14) and assemble each Pec Arm to the Press Frame (7) using 1 x M12 x 70mm Hex Bolt (67), 2 x M12 x 24mm od Flat Washers (75) and 1 x M12 Nylon Locknut (80). Align the Pec Arms by fitting a Pec Arm Lock Pin (90) to the inner hole in each Pec Arm and then fully tighten both Hex Bolts.*

13 *Slide 1 x Pec Arm Foam Roller (35) onto each Pec Arm (13 and 14) and then fit 1 x Press Handle (17) to each Pec Arm using 1 x M8 x 50mm Hex Bolt (61), 2 x M8 x 19mm od Flat Washers (71) and 1 x M8 Nylon Locknut (78) for each Press Handle.*

Note

Fitment of the Foam Grips will be easier with a small amount of washing up liquid smeared on the bar first.

14 *Slide 1 x Press / Bar Foam Grip (37) onto each of the 2 Press Handles on each Pec Arm (13 and 14) and cap the exposed ends of the Press Handles with a 1" Round Insert Cap (48). Slide a Press / Bar Foam Grip (37) onto the welded Press Tube of each Pec Arm (13 and 14) and again cap the exposed ends of the tube with a 1" Round Insert Cap (48) for each.*

15 *Cap both exposed Pec Arm inner tube ends with 1 x 1 1/2" Square Insert Cap (49) and the lower end with 1 x 1 1/2" Ext Square Trim (51) to each Pec Arm (13 and 14), securing in place using a small amount of household adhesive if desired.*

16 *Remove the backing paper and fit 2 x Small Square Rubber Pads (57) to the back face of the Press Frame where the Pec Arms touch the Press Frame.*

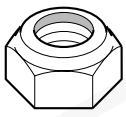
17 *Fit the Press Arm Locking Knob (86) into the tube inside the Press Frame with the metal lock facing UP and cap the tube with the 1 x 2" Int Square Cap (52) securing in place using a small amount of household adhesive if desired.*

Note

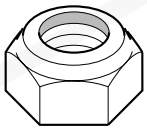
The Pec Swivel Brackets (15 and 16) are marked L and R with stickers. These should be fitted to the Pec Arm Mount (12) viewed from the REAR. When fitted, fully tighten the bolts so that all freeplay is removed from the brackets but that it is still possible for them to rotate. These may need to be re-tightened after a few days when the frame coating has worn flat.

18 *Assemble the Press Frame Stop (11) to the FRONT FACE of the Front Upright (5) and the Pec Arm Mount (12) to the REAR FACE of the Front Upright (5) using 2 x M10 x 75mm Hex Bolts (66), 4 x M10 x 20mm od Flat Washers (73) and 2 x M10 Nylon Locknuts (79). Cap the FRONT open end of the Press Frame Stop (11) with the 1 1/2" Ext Rubber Square Cap (50) and the TOP open tube with 1 x 1 1/2" Int Square Cap (49) securing in place using a small amount of household adhesive if desired.*

19 *Fit the left and right Pec Swivel Brackets (15 and 16) to the Pec Arm Mount (12) using 2 x M12 x 80mm Hex Bolts (68), 4 x M12 x 24mm od Flat Washers (75) and 2 x M12 Nylon Locknuts (80).*



Part No.78



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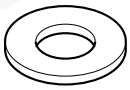

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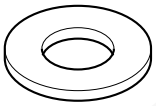

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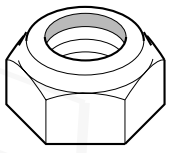

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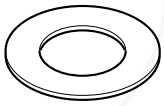

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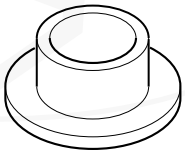


Part No.85

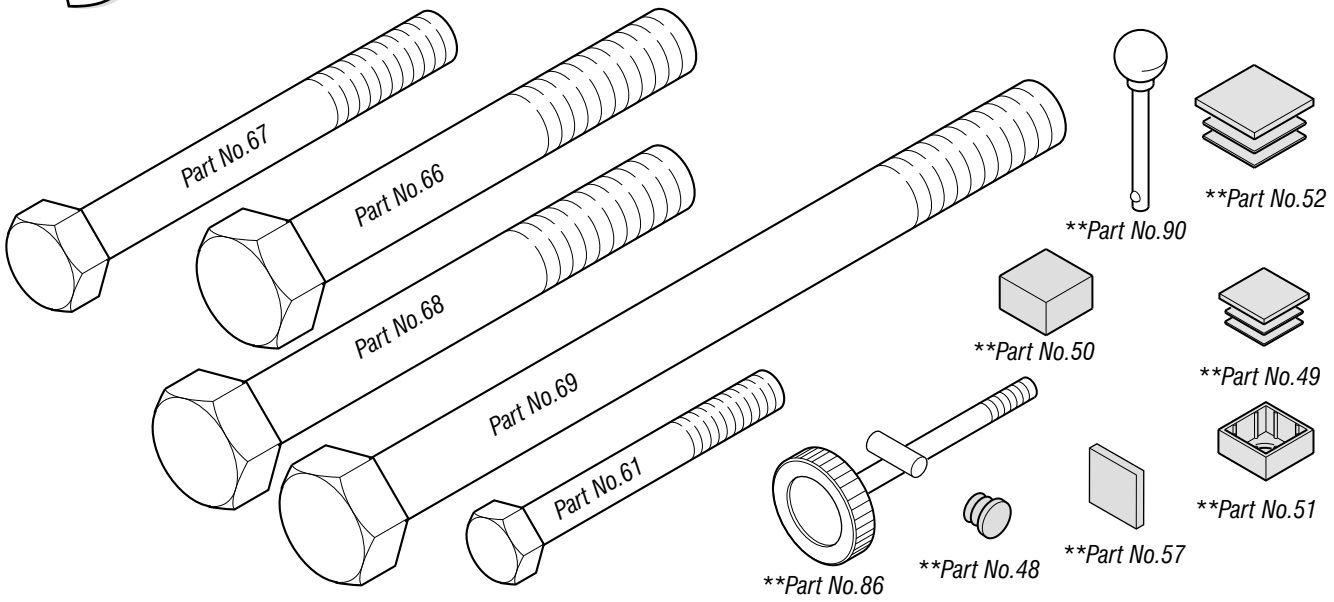
ASSEMBLY ACCESSORIES

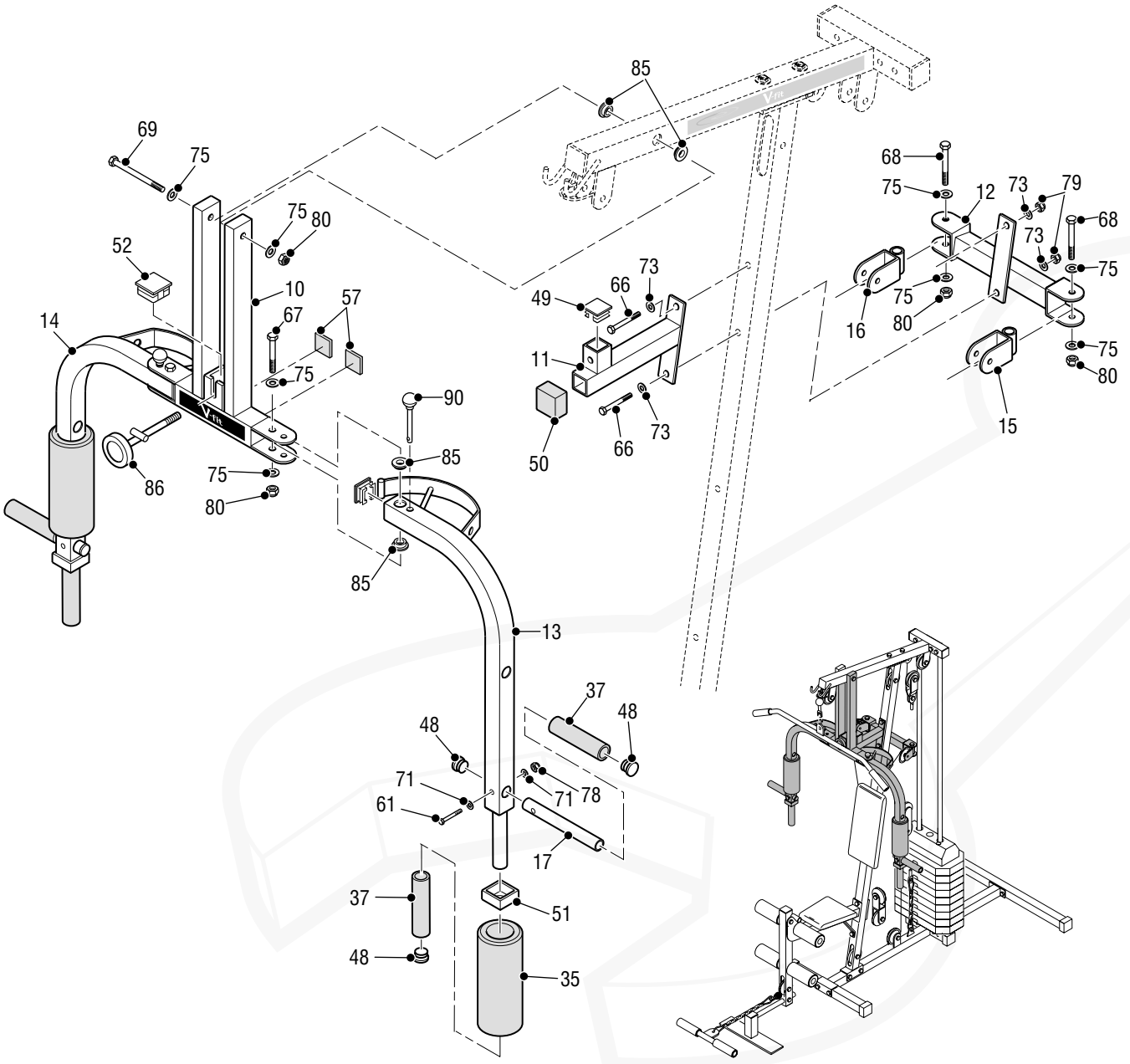
PART No.	DESCRIPTION	QTY
48	1" Round Insert Cap	6
49	1 1/2" Square Insert Cap	3
50	1 1/2" Ext Rubber Square Cap	1
51	1 1/2" Ext Square Trim	2
52	2" Int Square Cap	1
57	Square Rubber Pad	2
61	M8 x 50mm Hex Bolt	2
66	M10 x 75mm Hex Bolt	2
67	M12 x 70mm Hex Bolt	2
68	M12 x 80mm Hex Bolt	2
69	M12 x 125mm Hex Bolt	1
71	M8 x 19mm od Flat Washer	4
73	M10 x 20mm od Flat Washer	4
75	M12 x 24mm od Flat Washer	10
78	M8 Nylon Locknut	2
79	M10 Nylon Locknut	2
80	M12 Nylon Locknut	5
85	M12 x 29mm Metal Bush	6
86	Press Arm Locking Knob	1
90	Pec Arm Lock Pin	2

Assembly

** Drawn 1/4 scale

ASSEMBLY ACCESSORIES





Assembly

INSTRUCTIONS:- STAGE D

20 *Loosely fit the Seat Support Frame (18) to the Front Upright (5) with 2 x M10 x 75mm Hex Bolts (66), 4 M10 x 20mm od Flat Washers (73) and 2 x M10 Nylon Locknut Nuts (79). Fit the Seat Brace (19) to the lower hole in the Front Upright with 1 x M10 x 70mm Hex Bolt (65), 2 x M10 x 20mm od Flat Washers (73) and 1 x M10 Nylon Locknut Nut (79). Cap the front end of the Seat Support Frame (18) with 1 x 2" Int Square Cap (52) securing in place using a small amount of household adhesive if desired.*

21 *Align the Gym Backrest (38) with the Front Upright (5) and attach to using 2 x M10 x 65mm Hex Bolts (64) and 2 x od 20 x id 11mm Flat Washers (73).*

22 *Fit the Gym Seat (39) to the Seat Support Frame (18) using 1 x M10 x 65mm Hex Bolt (64) and 1 x M10 x 20mm od Flat Washer (73) to the FRONT hole and 1 x M10 x 70mm Hex Bolt (65) and 1 x M10 x 20mm od Flat Washer (73) to the REAR hole, bolting up through the top hole in the Seat Brace.*

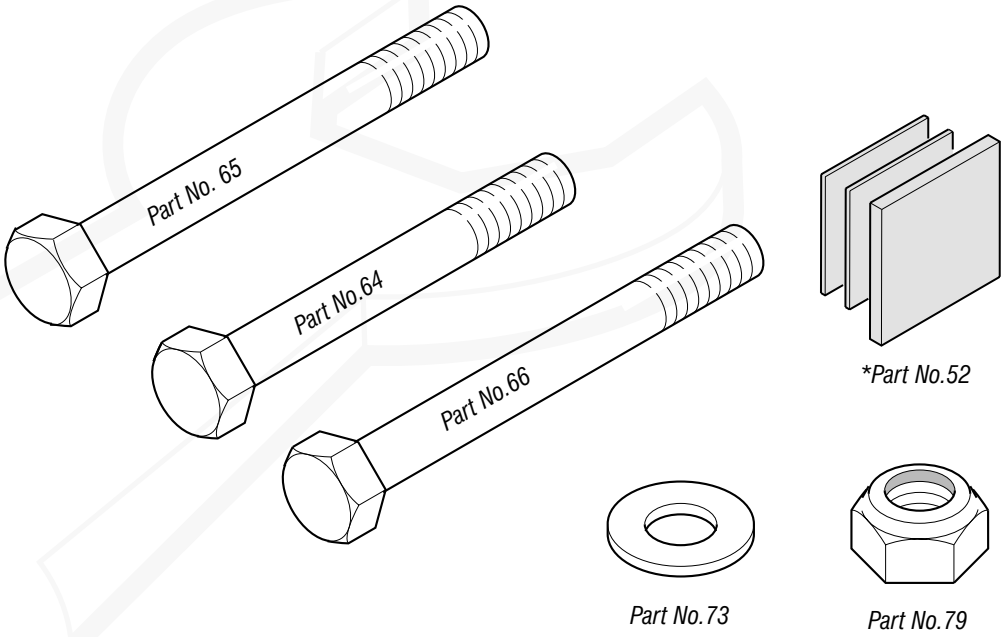
Note

Fully tighten all the bolts in STAGE D at this point.

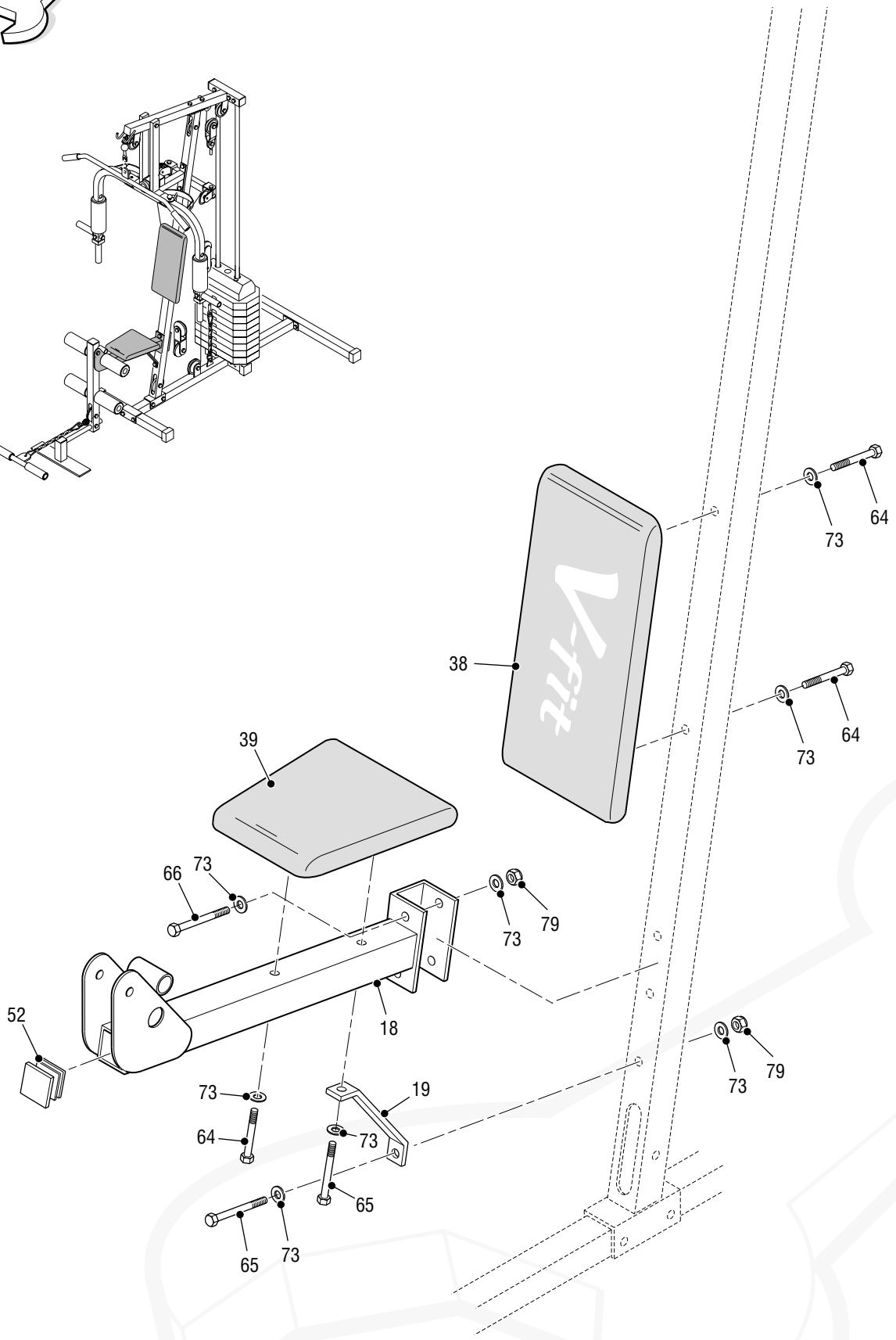
ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
52	20 Int Square Cap	1
64	M10 x 65mm Hex Bolt	3
65	M10 x 70mm Hex Bolt	2
66	M10 x 75mm Hex Bolt	2
73	M10 x 20mm od Flat Washer	10
79	M10 Nylon Locknut	3

** Drawn to 1/2 scale*



Assembly



Assembly

INSTRUCTIONS:- STAGE E

23 *Fit 2 x M12 x 29mm od Metal Bushes (85) into the Leg Unit (20) and then fit this into the bracket in the Seat Support Frame (18) using 1 x M12 x 80mm Hex Bolt (68), 2 x M12 x 24mm od Flat Washers (75), and 1 x M12 Nylon Locknut (80). Cap the UPPER and LOWER ends of the Leg Unit with 2 x 2" Int Square Caps (52).*

24 *Fit a Leg Unit Roller Bar (22) to the top hole in the Seat Support Frame (18) and slide on 2 x Leg Unit Foam Rollers (36). Repeat the operation for the lower hole in the Leg Unit (20). Cap the exposed Roller Bar ends with 4 x 1" Round Caps (48) securing in place with a little household adhesive if desired.*

25 *To aid stability during seated or upright rowing exercises fit the Leg Unit Stabiliser Plate (21) into the lower round hole in the Leg Unit (20) and secure using the Stabiliser Lock Pin (89). Cap the top of the Leg Unit Stabiliser Plate (21) with 1 x 2" Int Square Cap (52) and the round tube end with 1 x 1" Round Cap (48).*

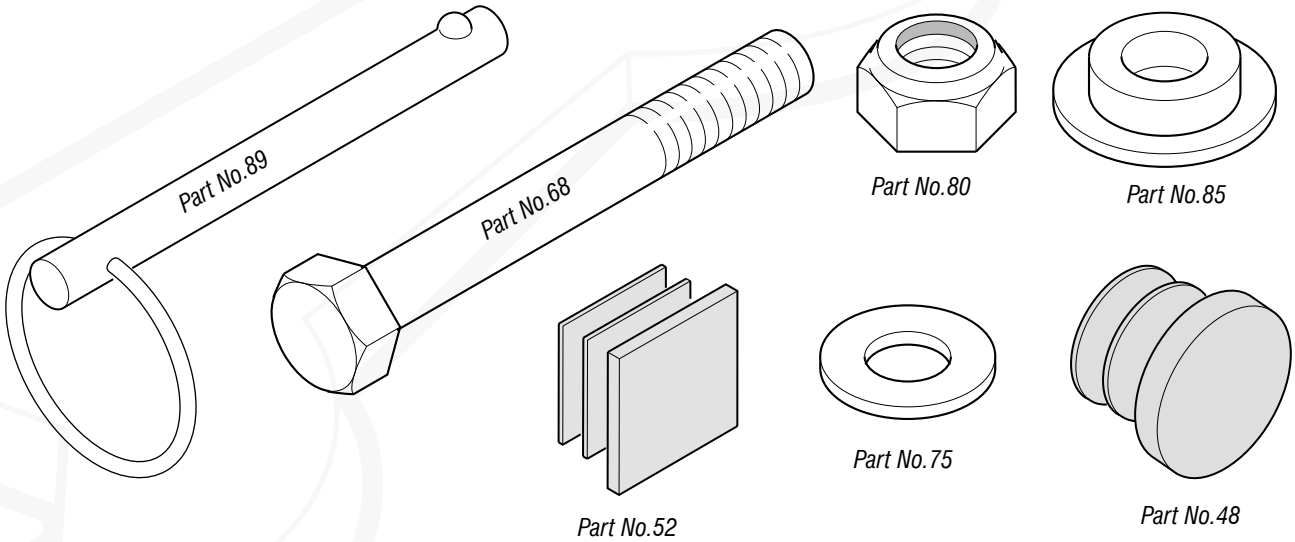
Note

It is IMPERATIVE that the Leg Unit Stabiliser Plate (21) is removed when performing ANY TYPE of Leg Unit exercise other wise serious injury could occur.

ASSEMBLY ACCESSORIES

PART No.	DESCRIPTION	QTY
48	1" Round Cap	5
52	2" Int Square Cap	3
68	M12 x 80mm Hex Bolt	1
75	M12 x 24mm od Flat Washer	2
80	M12 Nylon Locknut	1
85	M12 x 29mm od Metal Bushes	2
89	Stabiliser Lock Pin	1

** Drawn to 1/2 scale*



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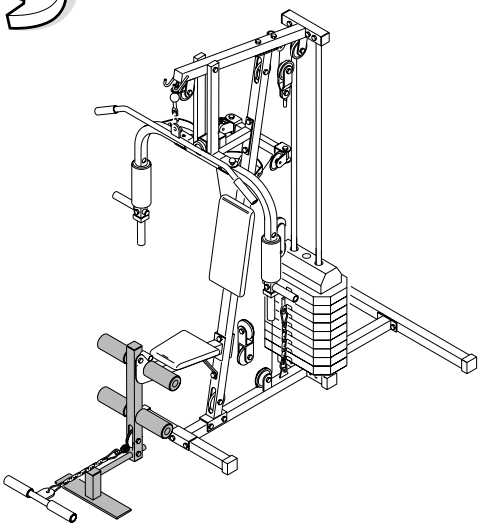
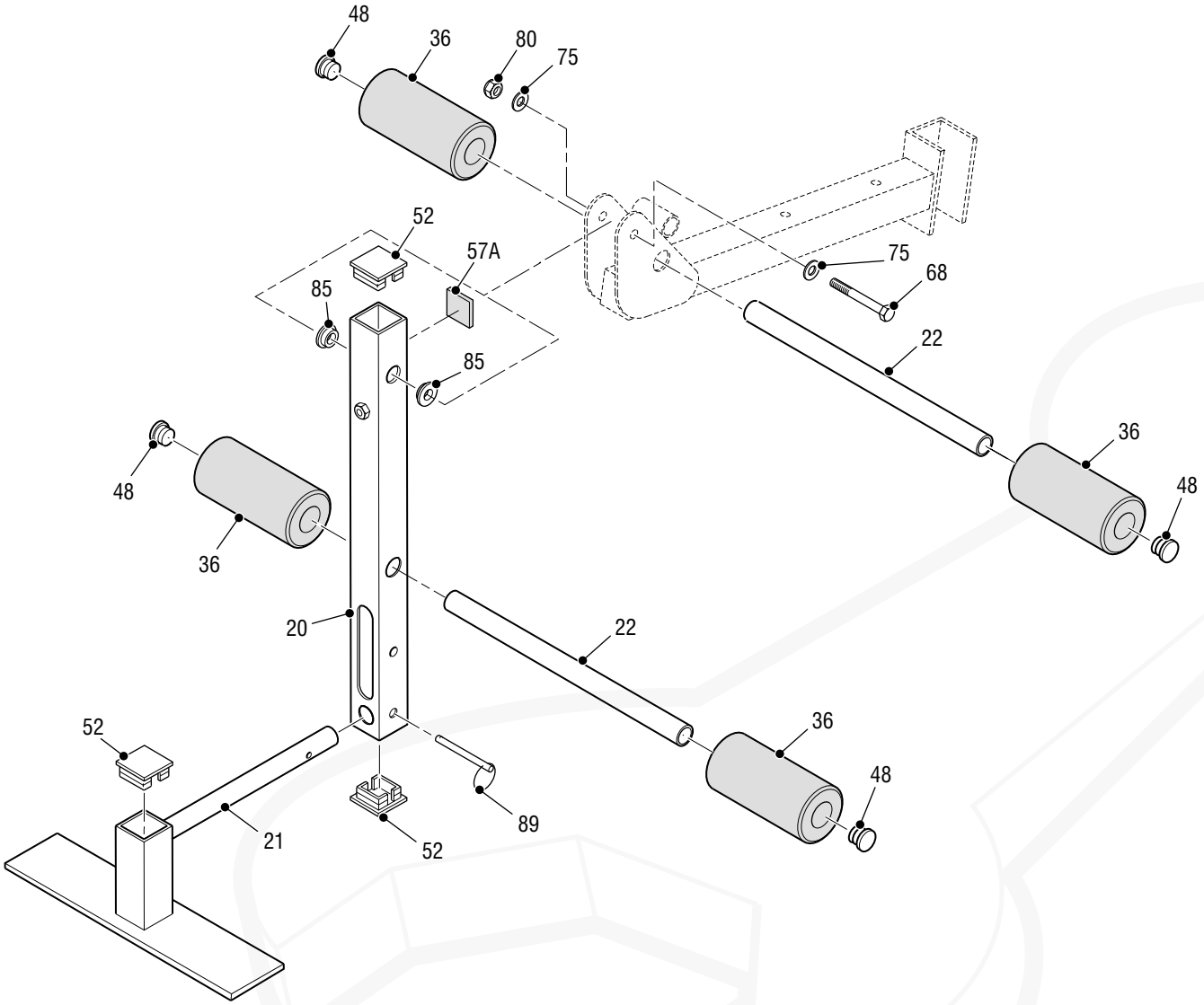




INSTRUCTIONS:- STAGE F

SEE EXPLODED DIAGRAM ON PAGE 29 FOR GUIDANCE ON FITTING THE CABLES AND PULLEYS

26 PULLEY FITMENT

i). Fit a 32mm wide Pulley (88) to the Front Upper Pulley Bracket on the Top Frame (7) using 1 x M10 x 50mm Hex Bolt (63), 2 x M10 x 20mm od Flat Washers (73) and 1 x M10 Nylon Locknut (79).

ii). Fit 2 x M10 x 19mm od Metal Bushes (84) to the Upper Pulley cut-out in the Front Upright (5) then secure a 22mm wide Pulley (87) using 1 x M10 x 65mm Hex Bolt (64) and 1 x M10 Nylon Locknut (79).

iii). Fit a 32mm wide Pulley (88) to the Rear Upper Pulley Bracket on the Top Frame (7) using 1 x M10 x 50mm Hex Bolt (63), 2 x M10 x 20mm od Flat Washers (73) and 1 x M10 Nylon Locknut (79).

iv). Fit 2 x M10 x 19mm od Metal Bushes (84) to the Pulley cut-out in the Leg Unit (20) then secure a 22mm wide Pulley (87) using 1 x M10 x 65mm Hex Bolt (64) and 1 x M10 Nylon Locknut (79).

v). Fit 2 x M10 x 19mm od Metal Bushes (84) to the Lower Pulley cut-out in the Front Upright (5) then secure a 22mm wide Pulley (87) using 1 x M10 x 65mm Hex Bolt (64) and 1 x M10 Nylon Locknut (79).

vi). Fit a 32mm wide Pulley (88) to the Lower Pulley Bracket on the Main Floor Frame (1) using 1 x M10 x 50mm Hex Bolt (63), 2 x M10 x 20mm od Flat Washers (73) and 1 x M10 Nylon Locknut (79).

27 REAR (WEIGHT) CABLE FITMENT

i). Screw the threaded end of the Rear (Weight) Cable (47) into the threaded insert in the top of the Weight Selector Tube (29).

ii). Pull the cable UP and pass it OVER the Upper Pulley in the Rear of the Top Frame (7), fitted in Stage 26 (iii) above.

Note

The faces of the lower brackets will be touching each other.

*iii). *** This bracket will be supplied loosely assembled.***
Loosely assemble the 2 parts of the Jockey Pulley Bracket (34) with a 32mm wide Pulley (88), 1 x M10 x 50mm Hex Bolt (63), 2 x M10 x 20mm od Flat Washers (73) and 1 x M10 Nylon Locknut (79).

iv). Route the Rear (Weight) Cable UNDER the Pulley in the Jockey Pulley Bracket (34) and secure the free end of the cable to the welded anchor bracket on the underside of the Top Frame (7) using 1 x M10 x 25mm Hex Bolt (62), 2 x M10 x 20mm od Flat Washers (73) and 1 x M10 Nylon Locknut (79).

28 TOP (LAT) CABLE FITMENT

Note

Ensure that the Rubber Stopper is fitted to the OUTSIDE of the Pulley bracket.

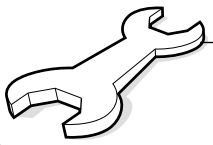
i). Thread the Top (Lat) Cable (44) through the Front Upper Pulley Bracket on the Top Frame (7) OVER the Pulley fitted in Stage 26 (i) above.

ii). Route the cable OVER the Upper Pulley in the Front Upright (5) fitted in Stage 26 (ii) above.

*iii). *** This bracket will be supplied loosely assembled.***
Loosely assemble both of the Pulley Mount Brackets (33) with 2 x 32mm wide Pulleys (88), 2 x M10 x 50mm Hex Bolts (63), 4 x M10 x 20mm od Flat Washers (73) and 2 x M10 Nylon Locknuts (79).

iv). Pull the cable DOWN to the Pulley Mount Brackets (33), passing it UNDER one of the assembled Pulleys and guide it UP towards the Top Frame (7).

v). Secure the free end of the cable to the lower part of the assembled Jockey Pulley Bracket (34) using 1 x M10 x 25mm Hex Bolt (62), 2 x M10 x 20mm od Flat Washers (73) and 1 x M10 Nylon Locknut (79)



29 LOWER (LEG) CABLE FITMENT

Note

Ensure that the Rubber Stopper is fitted to the OUTSIDE of the Leg Unit (20).

i). Thread the Lower (Leg) Cable (45) through the front of the Leg Unit (20) UNDER the Pulley fitted in Stage 29 (iv) above.

ii). Pass the cable UNDER the Lower Pulley in the Front Upright (5) fitted in Stage 29 (v) above.

*iii). *** This bracket will be supplied loosely assembled.***
Loosely assemble the Double Pulley Bracket (33) with 2 x 32mm wide Pulleys (88), 2 x M10 x 50mm Hex Bolts (63), 4 x M10 x 20mm od Flat Washers (73) and 2 x M10 Nylon Locknuts (79).

iv). Route the cable UP to the Double Pulley Bracket (32) and pass it OVER one of the Pulleys.

v). Pull the cable DOWN and guide it UNDER the Lower Pulley Bracket on the Main Floor Frame (1) fitted in Stage 29 (vi) above.

vi). Guide the cable UP to the Pulley Mount Brackets (33), passing it OVER the lower Pulley and DOWN towards the welded anchor bracket.

vii). Secure the free end of the cable to the anchor bracket using the Link Chain (Short – 7 Link) (42) and 2 x Carabina Lock Clips (92).

30 CENTRE (PEC) CABLE FITMENT

i). Connect one free end of the Centre (Pec) Cable (46) to the REARMOST hole in the curved plate on the back of the Left Pec Arm (13) using 1 x M10 x 25mm Hex Bolt (62), 3 x M10 x 20mm od Flat Washers (73) (one each side of the Pec Cable end and one before fitting the nut) and 1 x M10 Nylon Locknut (79).

*ii). *** This bracket will be supplied loosely assembled.***
Fit 1 x 32mm wide Pulley (88) to each Pec Swivel Bracket (15 and 16) using 1 x M10 x 50mm Hex Bolt (63), 2 x M10 x 20mm od Flat Washers (73) and 1 x M10 Nylon Locknuts (79) for each Pec Swivel Bracket.

iii). Pass the free end of the Pec Cable OVER the Pulley in the Left Pec Swivel Bracket (15) and DOWN to the Double Pulley Bracket (32) passing it UNDER the top Pulley fitted to the Bracket.

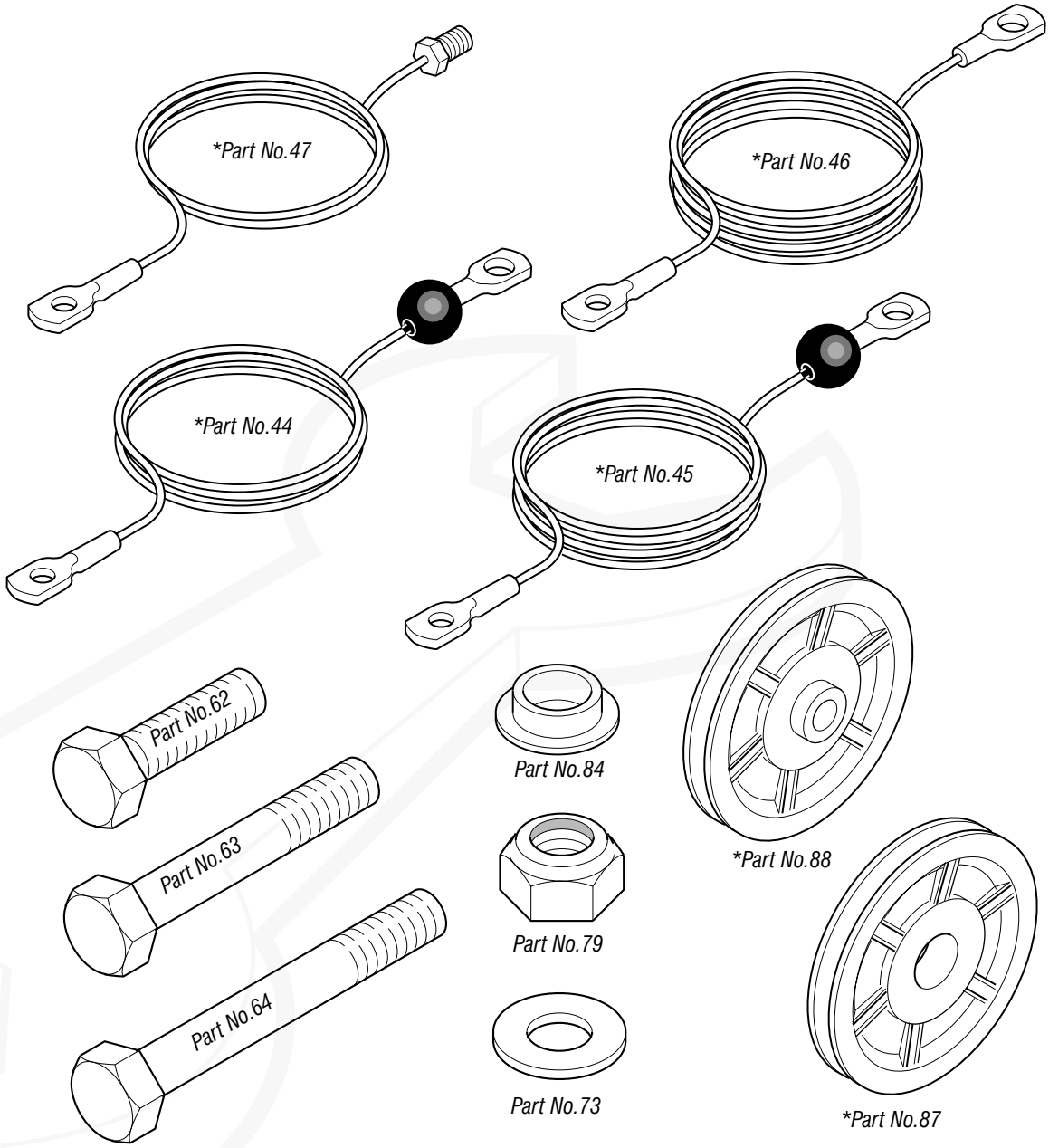
iv). Route the free end of the Pec Cable UP and guide it OVER the Pulley in the Right Pec Swivel Bracket (16).

v). Connect the free end of the Pec Cable to the REARMOST hole in the curved plate on the back of the Right Pec Arm (14) using 1 x M10 x 25mm Hex Bolt (62), 3 x M10 x 20mm od Flat Washers (73) (one each side of the Pec Cable end and one before fitting the nut) and 1 x M10 Nylon Locknut (79).

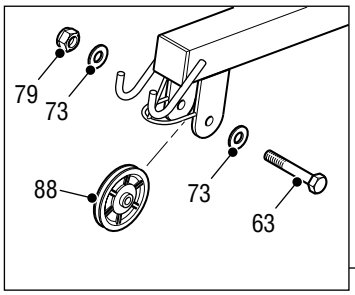
ASSEMBLY ACCESSORIES - STAGE F

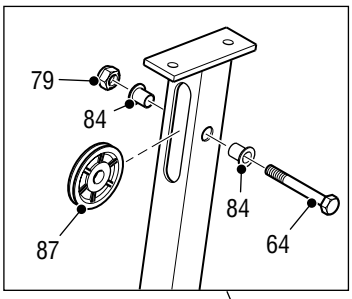
PART No.	DESCRIPTION	QTY
44	Top (Lat) Cable	1
45	Lower (Leg) Cable	1
46	Centre (Pec) Cable	1
47	Rear (Weight) Cable	1
62	M10 x 25mm Hex Bolt	4
63	M10 x 50mm Hex Bolt	10
64	M10 x 65mm Hex Bolt	3
73	M10 x 20mm od Flat Washer	30
79	M10 Nylon Locknut	17
84	M10 x 18mm od Metal Bush	6
87	22mm Wide Pulley	3
88	32mm Wide Pulley	10

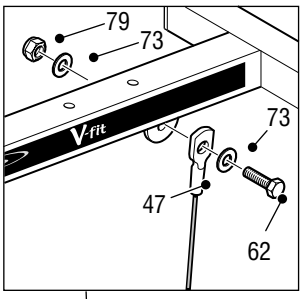
** Drawn to 1/2 scale*

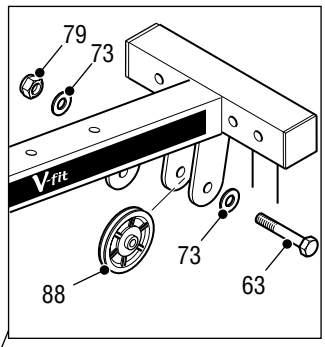


Assembly







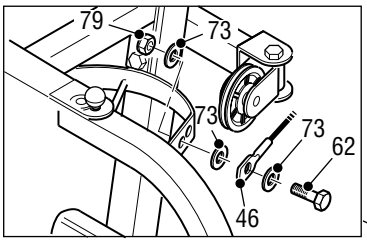


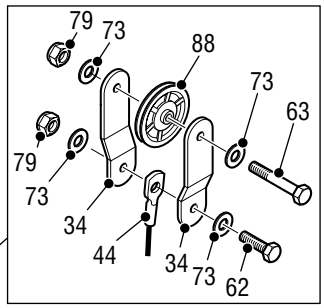
26(i)

26(ii)

27(iv)

26(iii)



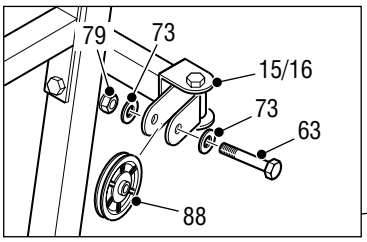


27(iii)

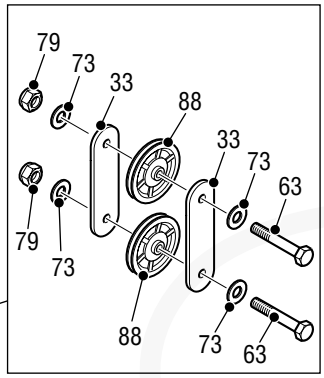
28(v)

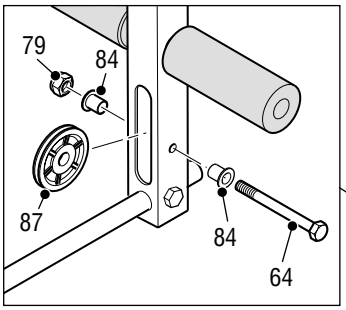
30(i)

30(v)

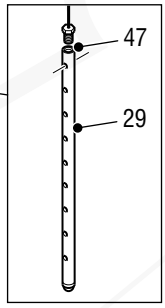


30(ii)





28(vii)



26(iv)

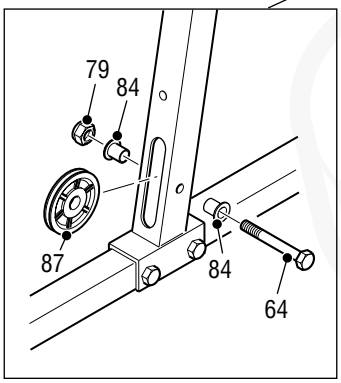
27(i)

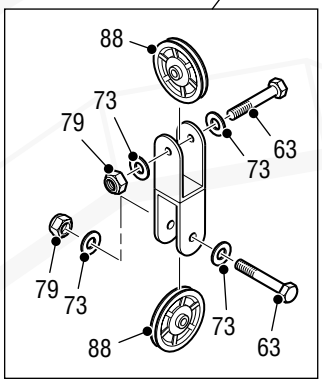
26(v)

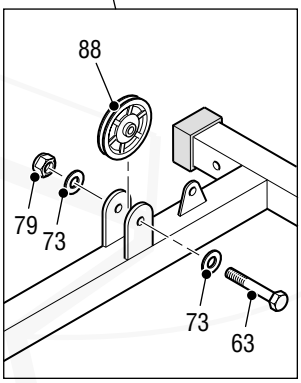
29(iii)

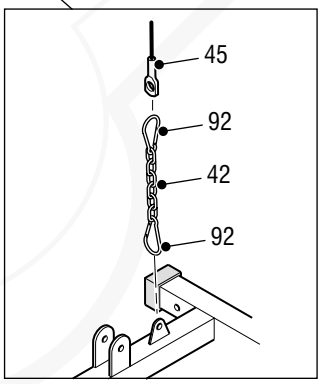
26(vi)

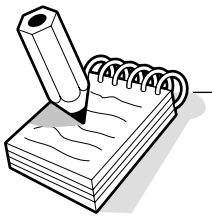
29(vii)



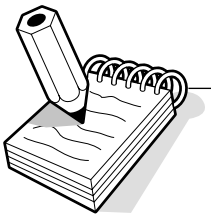








Exercise Notes

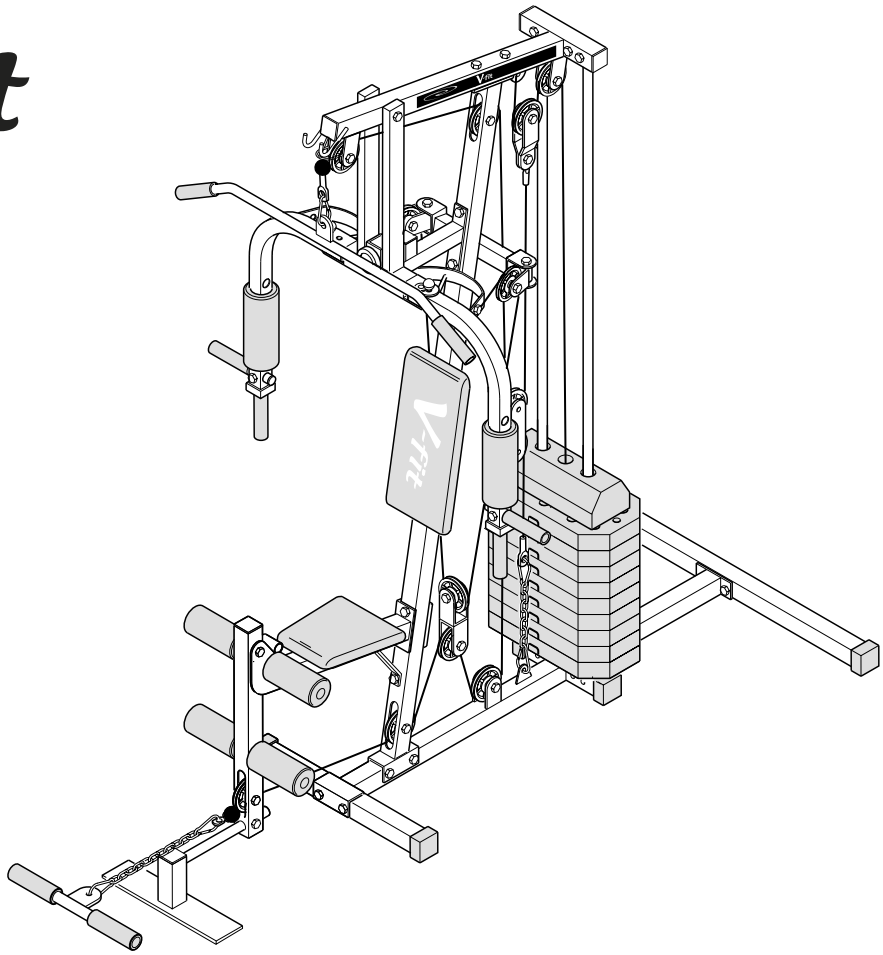


Exercise Notes

V-fit

by

BENY UK SPORTS LIMITED



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